

Fuel for the Field

Meals on the go for student athletes*

*This booklet is designed for athletes traveling to games. If you're packing for a non-athletic event, check out our Healthy Lunches Made Simple booklet — or simply adjust these recipes by cutting back on protein and carbs and adding more fruits and vegetables.



Make sure to check and follow your schools allergy and snack policies.

Tips for meals on the go:

- For salads or bowls:
 - Get meal prep containers or to go containers to make single portions.
 - Some containers can be saved, washed, and reused
 - Put single portions in ziptop bags.
- For hot sandwiches, like meatball subs, hot dogs, etc.
 - wrap individual sandwiches in foil wrap and store in an insulated cooler.
- For each meal, make sure to have:
 - vegetable
 - fruit
 - carbohydrate
 - protein source
- Customize any of the recipes:
 - leave out or sub any of the fruits or veggies to the kids tastes
 - change up the protien offer (have a turkey option in addition to ham)
- Add a wet wipe or hand sanitizer wipe

Simple options:

Sandwiches:

- **Peanut butter and jelly sandwich** on whole-wheat bread with natural peanut butter
 - Side: Greek yogurt and an apple
 - Drink: Milk or water
- **Turkey sandwich** on whole-wheat bread with cheese, mustard or mayo
 - Side: Cherry tomatoes and pretzels
 - Drink: Milk or water
- **Tuna (could sub beef, ham, egg or chicken) salad sandwich** on whole-wheat bread
 - Side: Chips and mixed berries
 - Drink: Milk or water

Wraps:

(use corn tortillas for a gluten free option)

- **Chicken Caesar wrap** with baked or rotisserie chicken (remove the skin), romaine lettuce, parmesan cheese and Caesar dressing mixed in a large whole wheat tortilla.
 - Side: Canned peaches in juice
 - Drink: Milk or water
- **Hummus wrap** with hummus, a handful of spinach, feta cheese and diced tomatoes in a large whole wheat tortilla
 - Side: Greek yogurt and a pear
 - Drink: Milk or water
- **Peanut butter and banana wrap** with natural peanut butter, a banana and a drizzle of honey wrapped in a large whole wheat tortilla
 - Side: Sliced cucumber and whole-grain crackers
 - Drink: Milk or water

Bowls:

- **Southwest bowl** with brown rice, canned black beans, canned or frozen yellow corn, canned or fresh diced tomatoes, avocado or guacamole, salsa and cheese to taste; meat protein optional; eat hot or cold
 - Drink: Milk or water
- **Buddha bowl** with quinoa, diced carrots, diced cucumber, diced tomato, crunchy chickpeas and sunflower seeds with avocado on top; meat protein optional; eat hot or cold
 - Drink: Milk or water
- **Smoothie bowl** with vanilla Greek yogurt, sliced strawberries, sliced banana, pepitas (pumpkin seeds) or almonds; top with granola
 - Drink: Milk or water

Bento Boxes:

- **Salmon and bagel box** with smoked salmon on a bagel with cream cheese
 - Side: Cherry tomatoes or an apple
 - Drink: Milk or water
- **Explorer box** with natural lean jerky (such as beef, turkey or chicken)
 - Side: Whole-grain goldfish and a nut or dried fruit trail mix
 - Drink: Milk or water
- **Sweet and yummy box** with Greek yogurt, diced frozen pineapple and a crunchy granola bar
 - Side: String or sliced cheese
 - Drink: Milk or water

More Bento Box options:

- Pizza box: Pepperoni or other pizza topping on a bagel (could also use a tortilla or pita bread) with marinara sauce and shredded mozzarella cheese
 - Side: Veggie sticks, sliced fruit
 - Drink: Milk or water
- Lunchable box: deli-style meat and cheese cut in cracker size pieces with whole wheat crackers
 - Side: a nut or dried fruit trail mix
 - veggie sticks
 - Drink: Milk or water
- Salad on the go: Lettuce with sliced chicken (sub any type of meat), shredded cheese, crumbled bacon, Salad dressing
 - Add on: sliced veggies- cucumber, carrots, olives, tomato, dried fruit
 - Side: goldfish crackers
 - Drink: Milk or water

Ham & Cheese Rollups

Ingredients

- 8 oz cream cheese softened
- 1 teaspoon dry ranch seasoning
- 1 cup shredded cheddar cheese
- 4 large flour tortillas
- 6 slices deli-style ham



Directions

1. Add the cream cheese and ranch seasoning to a bowl, and stir until combined.
2. Add the cheddar cheese and stir together.
3. Lay out the tortillas, and add $\frac{1}{4}$ of the mixture to each, then gently spread it to the edges.
4. Cut the ham into small pieces, and layer $\frac{1}{4}$ of it on each tortilla.
5. Starting at one end, roll each tortilla until you get to the other end.
6. Refrigerate for 1 hour or when ready for use.
7. Cut the ends off of each tortilla roll, then cut into 1-inch pieces.
8. Substitute any other deli style meats for variety and preference.

More Bento Box options:

- Pita + hummus + air fried chicken + bell peppers + cantaloupe
- Tortellini salad + pineapple + snap peas + yogurt cup
- Chicken salad wrap + oranges + carrots + nuts
- Turkey cheese sliders + grapes + tomatoes + apple crumble + yogurt
- Hard boiled eggs + Triscuits + tomatoes + cheese
- Pita bread + Olives + hummus + peppers
- Celery + peanut butter + raisins + pretzels + snap peas
- Turkey bites + sweet potato rounds + carrots + tzatziki
- Avocado + candied salmon + flatbread + cucumber
- Airfried chicken strips + tzaziki + carrots + pita chips

Baked Chicken Fajitas

Ingredients

- 1 lb. boneless, skinless chicken breasts
- 1 red bell pepper
- 1 yellow bell pepper
- 1 orange bell pepper
- 1 medium onion
- 1 tsp. cumin
- 1/2 tsp. salt
- 1/2 tsp. black pepper
- 2 tbs. canola or olive oil
- 8 small corn tortillas



Directions

1. Preheat oven to 400°F
2. Chop chicken and vegetables on separate cutting boards
3. In a large bowl, toss together chicken, peppers, onion, cumin, salt, pepper, and oil
4. Bake uncovered for 20–25 minutes or until chicken is cooked through and vegetables are tender
5. Serve alongside corn tortillas

Bean & Cheese Quesadillas

Ingredients

- 8 small corn tortillas
- 4 ounces low-fat cheddar cheese
- ½ cup cooked black beans
- ½ cup cooked yellow corn
- Cooking spray

Directions

1. Grate cheese into a small bowl and set aside
2. Coat a skillet in cooking spray and turn stovetop on medium heat. Place two tortillas in pan
3. Sprinkle cheese, beans, and corn on half of each tortilla
4. Fold other half of tortilla over the filling and press gently
5. Cook on each side until cheese melts
6. Serve warm with toppings



Gluten-free Sloppy Joes



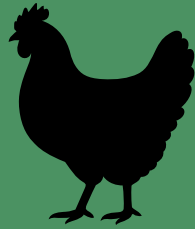
Ingredients

- 1 pound lean ground beef
- 1 teaspoon salt
- 1 teaspoon black pepper
- ½ white onion
- ½ red bell pepper
- 1 tablespoon minced garlic
- 15 oz diced tomato
- 2 tablespoon tomato paste
- 1 teaspoon chili powder
- 1 teaspoon cumin
- Gluten-free hamburger buns

Directions

1. Heat a large skillet over medium heat and add the beef
2. Season with salt and pepper, cook until pink has disappeared
3. Dice the onion and red bell pepper. Add to skillet and cook until tender
4. Add the garlic and cook for another minute
5. Add canned tomato, tomato paste, chili powder, cumin. Stir to combine and cook for another minute
6. Remove from the heat and serve over the gluten-free buns

Chicken Bacon Ranch Pasta



Ingredients

- 3 chicken breasts, cooked & cubed
- 16 oz radiatore pasta
- 1 int sour cream
- 2 cups mayo
- 2 packets Bacon Ranch Dip Mix
- 2 heaping cups cooked, crumbled bacon
- 8 oz cheddar cheese, shredded or cubed
- Optional: 2 bunches green onions, diced



Directions

1. Cook pasta per manufacturer's instructions in liberally salted water. drain, rinse well with cold water, set aside to drain.
2. Combine sour cream, mayo and dip mix.
3. add chicken, pasta, bacon and cheese, gently mix until well combined.
4. Fold in gr onions if using.
5. Refrigerate in an airtight container.

Pizza Pasta Salad



Ingredients

- 12 oz rotini pasta
- 1 pint grape tomatoes, halved
- 1 bunch gr onions, chopped
- 1 gr bell pepper, diced
- 1 3.8 oz can sliced black olives, drained well
- 8 oz mozzarella pearls
- 2 cups mini pepperoni slices
- 1 tsp dried oregano
- 1/3 c freshly grated parmesan cheese
- 3/4-1 c zesty Italian salad dressing (to taste)



Directions

1. Cook pasta in liberally salted water per manufacturer's instructions, Rinse in cold water and drain thoroughly.
2. Combine pasta with rest of ingredients.
3. Refrigerate in an airtight container.

Other sandwich style ideas

- Chicken quesadilla
- Chicken caesar salad wrap
- Bean and turkey burrito
- Grilled steak melt sandwich
- Turkey and avocado sliders
- Bagel + cream cheese + candied salmon
- Meatball sub
- Veggie hummus wrap



Easy Omelette Cups

Ingredients



- 36 tater tots, thawed
- 8 eggs
- 3 tablespoons milk
- salt and pepper to taste
- omelette fillings: consider veggies like spinach, tomatoes, avocado, zucchini, peppers, or onions, meats, and shredded cheese.

Directions

1. push 3 tater tots in each cup of a non-stick muffin tin
2. Bake at 425 ° F for 10 minutes, remove from oven
3. In a bowl, whisk together the eggs, milk, salt and pepper.
4. place your favorite omelette fillings in each muffin cup on top of tater tots.
5. Pour egg mixture into each muffin tin, being careful to not overfill.
6. Bake at 350° F for 20 minutes or until fully cooked.
7. Leftovers can be stored in the fridge and warmed up or eaten cold.

Makes 12 cups

Mix and Match Energy Bites

Ingredients

- 1 cup old-fashioned oats
- ½ cup nut butter
- 1 tsp vanilla
- 2 Tbsp honey/maple syrup



Directions

1. Mix base ingredients together, add in:
 - a. Seeds: chia, sunflower, pumpkin, ground flax seed, hemp seed
 - b. Nuts: peanut, almond, walnut, cashew
 - c. Dried fruit: raisins, raisins, dried cherries, etc.
2. Portion dough into bite size balls and store in an airtight container.
3. See next column for different varieties!

Mix and Match Energy Bites-varieties

Use these add ins for different varieties!

1. **Candy Bar:** Slivered almonds, coconut, mini chocolate chips
2. **Tropical:** dried pineapple, dried mango, coconut, almonds
3. **Banana Bread:** dried banana chips, walnuts, cinnamon
4. **Pumpkin Pie:** ½ cup canned pumpkin, pumpkin seeds, pumpkin pie spice optional: chia/flax seeds
5. **Pineapple Upside Down Cake:** dried pineapple, dried cherries/craisins, chia/flax seeds
6. **PBJ:** peanuts, flax seed, raisins
7. **Try your own!** Think of things that remind you of your favorite snack or dessert and add those in to make your own variety!



for more ideas visit:

South Your Mouth: southyourmouth.com/2018/02/20-hot-cold-lunch-ideas-for-sports.html

Heather Mangieri Nutrition:
heathermangieri.com/school-lunch-options-for-student-athletes/

Children's Hospital Colorado:
childrenscolorado.org/just-ask-childrens/articles/lunch-tips-athletes/

Elite Dietitians
elitedietitians.com/best-lunches-for-teen-athletes/